

[illegible]

Information overload?

It's hard to know what to believe. A pandemic or other public health emergency is a real possibility. It's important to plan and prepare.

- Practice good health habits. Wash your hands, cough and sneeze into your sleeve, and stay home when you're sick.
- Stock up on food and supplies. Have enough for a week or more.
- Have an emergency plan for your family.

For more information go to www.doh.wa.gov



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